

MAY 2022

Simonian Center for Early Learning/Sutton Elem.

BREAKFAST



School Information: Meals are FREE; one meal daily per student. Per USDA guidelines, all students must take a fruit or vegetable with breakfast for it to qualify. Low-fat and fat-free milk are also served daily as part of a reimbursable meal.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini pancakes
Sausage patty
Banana

2



Whole Grain pop-tart
Cheese stick
Fruit Juice

3

Chocolate Chip muffin
Yogurt Cup
Apple

4

Cinco De Mayo
Funfetti Pancakes
Cheese omelet
Applesauce

5

School Lunch Hero Day
Bacon, Egg & Cheese
Croissant & Hash brown
Pears

6

French Toast sticks
Pear Cup

9

Cinnamon Roll
Sunflower seeds
Craisins

10

Mini pastries
Cheese Stick
Orange

11

Bagel with cream cheese
Yogurt cup
Fruit juice

12

Sausage, Egg & Cheese
on a Bagel
Peaches

13

Whole grain pop-tart
Cheese stick
Raisins

16

Mini pancakes
Sausage patty
Banana

17

Mini-Cinnis
Yogurt cup
Apple

18

Muffin Flat
Cheese Stick
Peaches

19

Bacon, Egg & Cheese
Croissant & Hash brown
Pears

20

Chocolate Chip Muffin
Sunflower Seeds
Apple

23

Cinnaboli
Yogurt Cup
Pears

24

Bagel with cream cheese
Yogurt cup
Fruit juice

25

Mini pastries
Cheese Stick
Orange

26

Sausage, Egg & Cheese
on a Bagel
Peaches

27



Memorial Day

30

NO SCHOOL

Muffin Flat
Cheese Stick
Fruit Cup

Please note: Menu is subject to change without notice. We appreciate your flexibility as we navigate through COVID-19 related challenges.

Additional daily menu options may include: Assorted cereals, pastries or breakfast bars.

